

SJSU Mental Health Ambassador Activity Planner

San José State University Counseling Services
Semester: Spring, 2009

1. Formal Ambassador Activities – 4 Activities Total.

<i>Date completed</i>	<i>Activity</i>
A. Select two “Active and Advocating Outreach” activities:	
	i. Tabling (40 ~ 50 minutes) + One single-page reflection paper.
	ii. Meet with two faculty members to (1) introduce Counseling Services and MHAs, and (2) solicit suggestions on how MHAs and Counseling Services can promote mental health awareness in their class/department. + One single page reflection paper.
	iii. Give two planned/scheduled presentations to classes, student organization, conference, etc. + One single page reflection paper.
B. Select one “Traditional Outreach” activity:	
	i. Chalking (about current groups/workshops) two weeks in all your classes. + one single-page reflection paper.
	ii. Mentoring four “Stars” from the Thousand Stars Program: One meeting 15-20 minutes meeting with each star.
	iii. Attend one SJSU Counseling Services workshop + One single-page reflection paper.
C. My activity: _____	

2. Final Scholarly Project -- Select One from the Following List.

<i>Date completed</i>	<i>Activity (Choose 1)</i>
	A. “Current Literature”: <ul style="list-style-type: none"> • Summary Paper. A summary (3-5 pages, double spaced) of information from five empirical peer-reviewed journal article on one mental health related topic such as social anxiety, eating disorder, self-esteem, depression, etc. • Evaluation. Based on what you learn from the summary paper, review and provide suggestions for revising one of the handouts or website of Counseling Services.
	B. “Mental Health Literacy”: <ul style="list-style-type: none"> • Put together a “Did You Know” quiz on one topic of your choice, based on current finding/data from scholarly and/or credible sources • Invite 10 people (they may be random people, friends, classmates, family, etc.) to complete your “Did You Know” quiz. • Summarize your finding and write a reflective paper.
	C. Research (aimed to provide you research experiences): <ul style="list-style-type: none"> • Participate in research meetings, collect data, and participate in lit review.
	D. Develop a 30-minutes workshop on one of the following topics: Time management, stress management, communication skills. <ul style="list-style-type: none"> ▪ Must contain information from 3 to 5 current and peer-review journal articles. ▪ Develop a powerpoint presentation and handouts. ▪ Present the workshop to students, peers, etc.